

# CURRICULUM VITAE

## Albert R. Mendoza, Ph.D.

College of Education and  
Allied Studies  
Department of Kinesiology  
California State University East Bay  
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### EDUCATION

- Ph.D. University of Massachusetts Amherst** September 2017  
School of Public Health and Health Sciences  
Department of Kinesiology  
Physical Activity and Health Laboratory  
*Advisor:* Patty Freedson, Ph.D.  
*Committee:* P.S. Freedson, Ph.D., J. Staudenmayer, Ph.D., K. Lyden,  
Ph.D., J. Sirard, Ph.D., C. Tudor-Locke, Ph.D.  
*Dissertation:* "A Comprehensive Validation of Activity Trackers for Estimating  
Physical Activity and Sedentary Behavior in Free-Living Settings"
- M.S. San Francisco State University** August 2010  
College of Health and Human Services  
Kinesiology, Exercise Physiology  
*Advisor:* Matt Lee, Ph.D.  
*Committee:* C.M. Lee, Ph.D., M. Kern, Ph.D., F. Verducci, Ph.D.  
*Thesis:* "Predicting Energy Expenditure from Heart Rate during  
Exercise: What variables are important?"
- B.S. San Francisco State University** May 2008  
College of Health and Human Services  
Kinesiology, Exercise and Movement Science
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### RESEARCH INTERESTS

- The effects of participation in exercise sessions (in person and virtual) on physical activity and quality of life in persons with aphasia
- Relationships between physical activity, sedentary time and food security in minority students
- Validation of accelerometer-based activity monitors
- Objective measurement of physical activity and sedentary time to identify and target behaviors that reduce disease risk and improve quality of life

- Physical activity as an intervention to prevent or attenuate the progression of disease
- Investigation of field-based techniques in order to better quantify physical activity energy expenditure in healthy and special populations
- Investigating the consequences of sedentary behavior, and evidence-based practice in exercise science

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**TEACHING EXPERIENCE**

<b>Assistant Professor</b>	<i>Exercise Physiology Lecture</i> Department of Kinesiology California State University, East Bay	Spring 2018-Present
<b>Assistant Professor</b>	<i>Clinical Exercise Physiology</i> Department of Kinesiology California State University, East Bay	Spring 2018-Present
<b>Assistant Professor</b>	<i>Exercise Prescription</i> Department of Kinesiology California State University, East Bay	Winter 2018
<b>Assistant Professor</b>	<i>Exercise Physiology Lab</i> Department of Kinesiology California State University, East Bay	Fall 2017-Present
<b>Assistant Professor</b>	<i>Exercise Nutrition &amp; Metabolism</i> Department of Kinesiology California State University, East Bay	Fall 2017
<b>Teaching Assistant</b>	<i>Anatomy &amp; Physiology II Lab</i> Department of Kinesiology University of Massachusetts Amherst	Spring 2016
<b>Teacher</b>	<i>Anatomy: a peek under the skin</i> Department of Kinesiology University of Massachusetts Amherst	Fall 2015
<b>Teaching Assistant</b>	<i>Anatomy &amp; Physiology II Lab</i> Department of Kinesiology University of Massachusetts Amherst	Fall 2014-Spring 2015
<b>Teaching Assistant</b>	<i>Anatomy &amp; Physiology I Lab</i> Department of Kinesiology University of Massachusetts Amherst	Fall 2012-Spring 2014

<b>Lecturer</b>	<i>Science, Sport &amp; Exercise</i> Department of Kinesiology San Francisco State University	Summer 2009-Spring 2011
<b>Teacher</b>	<i>Fitness &amp; Conditioning</i> Department of Kinesiology San Francisco State University	Fall 2010-Spring 2011
<b>Teaching Assistant</b>	<i>Human Physiology Lab</i> Department of Biology San Francisco State University	Spring 2009-Spring 2010
<b>Teaching Assistant</b>	<i>Exercise Physiology Lab</i> Department of Kinesiology San Francisco State University	Fall 2008-Fall 2009
<b>Teacher</b>	<i>Human Physiology</i> Department of Biology Dental Post Bacc Program San Francisco State University	Summer 2009

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## SCHOLARLY WORKS

### Manuscripts

**Mendoza, AR**, , Sherwood, J, Gravier, M, Inoue, C. Feasibility and Effectiveness of a Real-Time Virtual Exercise Group to Promote Physical Activity in Chronic Aphasia. *Journal of Physiotherapy and Physical Rehabilitation*. 2022 (in preparation).

**Mendoza, A**, Lyden, K, Sirard, J, Staudenmayer, J, Tudor-Locke, C, Freedson, PS. Step Count and Sedentary Validation of Consumer Activity Trackers and a Pedometer in Free-Living Settings. *JMPB*. 2019, 2, 109-117

Sirard JS, Masteller, B, Freedson, PS, **Mendoza, A**, Hickey, A. Youth Oriented Activity Trackers: Comprehensive Laboratory- and Field-Based Validation. *Journal of Medical Internet Research*. 2017. 19(7):1-13.

Alhassan, S., Nwaokelemeh, O., **Mendoza, A.**, Shitole, S., Puleo, E., Pfeiffer, KA., Whitt-Glover, MC. Feasibility and Effects of Short Activity Breaks for Increasing Preschool-Age Children's Physical Activity Levels. *Journal of School Health*. 2016. 86(7), 526–533.

Robinson LE, Webster EK, Whitt-Glover MC, Ceaser TG, Alhassan S. Effectiveness of pre-school- and school-based interventions to impact weight-related behaviours in African American children and youth: a literature review *Obesity Reviews*. 2014.15 (Suppl. 4), 5–25. (In Acknowledgments).

Greever, C., Nwaokelemeh, O., **Mendoza, A.**, Alhassan, S. Facilitators, barriers, and components of a culturally-tailored afterschool physical activity program in preadolescent African-American girls and their mothers. *Ethnicity & Disease*. 2014. 24(1): 8–13.

Lee, M., **Mendoza, A.** Accuracy of Handgrip Sensors to Measure Heart Rate during Rest and Exercise. *Journal of Physical Activity, Sports & Exercise*. 2013. 1(1), 60-66.

Alhassan, S., Nwaokelemeh, O., Lyden, K., Goldsby, T., **Mendoza, A.** A pilot study to examine the effect of additional structured outdoor playtime on preschoolers' physical activity levels. *Childcare in Practice*. 2013. 19, 23-35.

Alhassan S, Nwaokelemeh O, **Mendoza A**, Shitole S, Whitt-Glover MC, Yancey AK. Design and baseline characteristics of the Short bouts of Exercise for Preschoolers (STEP) study. *BMC Public Health*. 2012. 12:582.

Alhassan, S., Nwaokelemeh, O., Ghazarian, M., Roberts, J., **Mendoza, A.** Effect of locomotor skill program on minority preschoolers' physical activity levels. *Pediatric Exercise Science*, 2012, 24, 435-449.

Lee, CM. and **Mendoza, A.** Dissociation of heart rate variability and heart rate recovery in well-trained athletes. *Eur J Appl Physiol*. 2011. 112(7):2757-66.

Lee, CM., Gorelick, M., **Mendoza, A.** Accuracy of an Infrared LED Device to Measure Heart Rate and Energy Expenditure. *Journal of Sports Sciences*. 2011. 29(15):1645-53.

### **Manuscripts in Preparation**

**Mendoza, A**, Lyden, K, Sirard, J, Staudenmayer, J, Tudor-Locke, C, Freedson, PS. Activity Trackers are Sensitive to Change in Physical Activity and Sedentary Behaviors in Free-Living Settings. 2020.

**Mendoza, A**, Lyden, K, Sirard, J, Staudenmayer, J, Tudor-Locke, C, Freedson, PS. A Comparison of Activity Trackers and ActiGraph™ GT3X-BT Accelerometer in Estimating Energy Expenditure and Steps During Orbital Shaking. 2020.

**Mendoza, A**, Hickey, A, Gruber, A, Staudenmayer, J, Freedson, PS. A Comparison of Wrist and Hip Accelerometer Output at Different Walking Speeds. 2020.

### **Published Abstracts**

International Conference on Ambulatory Monitoring of Physical Activity and Movement (ICAMPAM) Measurement & Analysis: Monitoring during COVID-19.

Mendoza, A., Sherwood, S., Gravier, M. Feasibility and Effectiveness of an Online Exercise Group to Promote Physical Activity in Chronic Aphasia. *Journal for the Measurement of Physical Behaviour* DOI: <https://doi.org/10.1123/jmpb.2021-0036>  
First Published Online: 21 Sep 2021

International Conference on Ambulatory Monitoring of Physical Activity and Movement (ICAMPAM) Measurement & Analysis: Monitoring during COVID-19.

Moore, D., Millar, S., Abdulkhaliq, R., Reyes, C., Gravier, M., Sherwood, S., Mendoza, A. Characterizing Physical Behaviors in Individuals With Aphasia. *Journal for the Measurement of Physical Behaviour* DOI: <https://doi.org/10.1123/jmpb.2021-0036>  
First Published Online: 21 Sep 2021

## Books

Lee, C.M. Customized by **Albert R. Mendoza**, Jennifer Sherwood, Cathy Inouye and Shannon Webb . Fundamentals of Exercise Physiology, 1<sup>st</sup> Edition, Matt Lee & Albert Mendoza. Dubuque, IA: Great River Publishing

Lee, C.M. & **Mendoza, A.R.** (In Progress). Fundamentals of Exercise Physiology, 2<sup>nd</sup> Edition, Matt Lee & Albert Mendoza (In Progress). Dubuque, IA: Great River Publishing

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## GRANT PROPOSALS

Gravier, M (PI), **Mendoza, A (Co-PI)**, Sherwood, J, (Co-PI). Adaptive Online Group Exercise for Individuals with Aphasia. Christopher & Dana Reeve Foundation Quality of Life Grants – Direct Effect (Tier 1). (Direct: \$22,259.00; IDC: \$0). Awarded, December 2021.

**Mendoza, A (PI)**. Online Interprofessional Aphasia Group Fitness for COVID-19: impact on physical activity, sedentary behavior and quality of life. Cal State East Bay Faculty Support Grant. Amount: \$5,795.00. Awarded, May 2020.

**Mendoza, A.** A Comprehensive Validation of Activity Trackers for Estimating Physical Activity and Sedentary Behavior in Free-Living Settings. University of Massachusetts Amherst Graduate School Summer Research Dissertation Fellowship. Amount: \$4,000.00. Awarded, June 2017

**Mendoza, A.** Validation of Activity Trackers in Estimating Activity Minutes, Sedentary Time, Energy Expenditure and Steps in Free-Living Settings. University of Massachusetts Amherst Graduate School Dissertation Research Grant. Amount: \$900.00. Awarded, April 2016

**Mendoza, A (PI)**, Freedson, PS (Sponsor), Staudenmayer, J (Co-Sponsor). Validation of consumer activity trackers for estimating physical activity and sedentary behavior. NIH F31 Ruth L. Kirschstein National Research Service Award Individual Predoctoral Fellowship to Promote Diversity in Health-Related Research (Direct: \$22,476.00; IDC: \$0). Awarded, September 2015.

**Mendoza, A**, Freedson PS, Hickey, A. Validity of the Mio Fuse Wearable Sensor in Estimating Physical Activity. Industry-Academic Research Grant Program Graduate School Office of Professional Development. \$25,000. 2014. Submitted, Not awarded.

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## AWARDS AND FELLOWSHIPS

### Receipt of Award (Internal Grant)

**Mendoza, A.** Center for Student Research (CSR) Student Researcher Training Program (SRTP). Cal State East Bay Center for Student Research Award. One of 16 awarded campus-wide  
Amount: \$4,800

<b>Mendoza, A.</b> American College of Sports Medicine (ACSM) Leadership & Diversity Training Program, Level 2 Award	2016
<b>Mendoza, A.</b> Center for the Integration of Research, Teaching and Learning (CRTL) Practitioner	12/2016
<b>Mendoza, A.</b> American College of Sports Medicine (ACSM) Leadership & Diversity Training Program, Level 2 Award	2015
<b>Mendoza, A.</b> Society for Advancement of Hispanics/Chicanos and Native Americans in Sciences (SACNAS), Travel Scholarship	8/2014
<b>Mendoza, A.</b> Business Foundation Series for Scientists and Engineers, Certificate of Completion, UMass Amherst Isenberg School of Management	7/2014
<b>Mendoza, A.</b> American College of Sports Medicine (ACSM) Leadership & Diversity Training Program, Level 2 Award	2014
<b>Mendoza, A.</b> Federation of American Societies for Experimental Biology (FASEB) Minority Access to Research Careers (MARC) Program, Leadership Development and Grant Writing Seminar Program, Delegate	8/2012
<b>Mendoza, A.</b> Northeast Alliance for Graduate Education & the Professoriate (NEAGEP/IMSD), Fellowship, UMass Amherst	2011-2017

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## PRESENTATIONS

### **Pacific Stroke Association (PSA)**

Educational Forum, July 21, 2021

*Talk (Co-Presenter): Positive Mood Swings: Real-Time Online Exercise  
for Adults with Chronic Aphasia.*

Mendoza, A.R., Sherwood, J., Gravier, M.

### **Virtual International Conference on Ambulatory Monitoring of Physical Activity and Movement (ICAMPAM) Biannual Conference**

Virtual Conference, June, 2021

*Virtual Poster (Presenter): Feasibility and Effectiveness of an Online  
Exercise Group to Promote Physical Activity in Chronic Aphasia.*

Mendoza, A.R., Sherwood, J., Gravier, M.

### **Western Society for Kinesiology and Wellness (WSKW) Annual Conference**

Virtual Conference, October 2021

*Talk (Presenter): Feasibility and Effectiveness of a Real-Time Virtual  
Exercise Group to Promote Physical Activity in Chronic Aphasia.*

Mendoza, A.R., Sherwood, J., Gravier, M.

Link: <https://osf.io/a85m4/>

**Aphasia Access Virtual Brag and Steal**

Conference, November 2020

*Talk (Presenter): Collaborative/Interprofessional Online Aphasia Activities.*

Mendoza, A.R., Sherwood, J., Gravier, M., Bernstein-Ellis, E.

**Southwest American College of Sports Medicine (SWACSM) National Conference**

Virtual Conference, October 2020

*Symposium (talk): Wearable Sensors: New insights from rigorous validation and large-scale studies.*

Mendoza, A.R.

**American College of Sports Medicine (ACSM) National Conference**

Orlando, Florida, May 2019

*Poster: Validation of a Research-Grade Accelerometer in Estimating Free-Living Sedentary Time.*

Mendoza, A., Staudenmayer, J., Freedson, P. S.

**American College of Sports Medicine (ACSM) National Conference**

Minneapolis, Minnesota, June 2018

*Talk: Validation of a Research-Grade Accelerometer in Estimating Free-Living Sedentary Time.*

Mendoza, A., Staudenmayer, J., Freedson, P. S.

**International Conference on Ambulatory Monitoring of Physical Activity and Movement (ICAMPAM)**

Bethesda, Maryland, June 2017

*Poster: Validation of a Research-Grade Accelerometer in Estimating Free-Living Physical Activity: Effect of Sensor Location.*

Mendoza, A., Staudenmayer, J., Freedson, P. S.

**American College of Sports Medicine (ACSM) National Conference**

Denver, Colorado, June 2017

*Talk: A Consumer Activity Tracker is Sensitive to Change in Free-Living Energy Expenditure and Steps.*

Mendoza, A., Staudenmayer, J., Freedson, P. S.

**American College of Sports Medicine (ACSM) National Conference**

Boston, Massachusetts, June 2016

*Tutorial Lecture: Validation of the Hexoskin Biometric Shirt in Estimating Energy Expenditure and Steps in Free-Living Settings.*

Mendoza, A., Staudenmayer, J., Freedson, P. S.

**American College of Sports Medicine (ACSM) National Conference**

Boston, Massachusetts, June 2016

*Talk: A Comparison of the Misfit™ Shine and ActiGraph™ GT3X+ Accelerometer in Estimating Steps During Physical Activity.* Mendoza, A.,

Hickey, A., Young, M., Freedson, P. S.

**New England American College of Sports Medicine (NEACSM) National Conference**

Providence, Rhode Island, October 2015

*Poster: A Comparison of the Misfit™ Shine and ActiGraph™ GT3X+ Accelerometer in Estimating Steps During Physical Activity.* Mendoza, A., Hickey, A., Young, M., Freedson, P. S.

**American College of Sports Medicine (ACSM) National Conference**

San Diego, California, May 2015

*Talk: The Relationship between Intensity and Accelerometer Output from the Sqord, Zamzee, and MOVband Activity Trackers.* Mendoza, A., Hickey, A., Young, M., Freedson, P. S.

**Society for Advancement of Hispanics/Chicanos and Native Americans in Sciences (SACNAS) National Conference**

Los Angeles, California, October 2014

*Talk: A Comparison of Wrist and Hip Accelerometer Output at Different Walking Speeds.* Mendoza, A., Hickey, A., Gruber H. A., Staudenmayer, J., Freedson, P. S.

**American College of Sports Medicine (ACSM) National Conference**

Orlando, Florida, May 2014

*Talk: A Comparison of Wrist and Hip Accelerometer Output at Different Walking Speeds.* Mendoza, A., Hickey, A., Gruber H. A., Staudenmayer, J., Freedson, P. S.

**UMass Center for Clinical and Translational Science Research Retreat**

Worcester, Massachusetts, May 2014

*Poster: A Comparison of Wrist and Hip Accelerometer Output at Different Walking Speeds.* Mendoza, A., Hickey, A., Gruber H. A., Staudenmayer, J., Freedson, P. S.

**UMass Amherst School of Public Health and Health Sciences Research Day**

Amherst, Massachusetts, April 2014

*Poster: A Comparison of Wrist and Hip Accelerometer Output at Different Walking Speeds.* Mendoza, A., Hickey, A., Gruber H. A., Staudenmayer, J., Freedson, P. S.

**American College of Sports Medicine (ACSM) National Conference**

Indianapolis, Indiana, June 2013

*Poster: Are School-based Obesity Prevention Interventions Effective in African American Children and Youth? A Literature Review.* Mendoza, A., Webster, E., Robinson, L., Stoops, H., Alhassan, S.

**New England American College of Sports Medicine (NEACSM) Annual Conference**

Providence, Rhode Island, November 2013

*Poster: Are School-based Obesity Prevention Interventions Effective in African American Children and Youth? A Literature Review.* Mendoza, A., Webster, E., Robinson, L., Stoops, H., Alhassan, S.

**American College of Sports Medicine (ACSM) National Conference**



San Francisco, California, May 2012

*Thematic Poster: Association between objectively-measured physical activity and fundamental movement skills subcategories in minority preschoolers.* Mendoza, A., Nwaokemeleh, O., Roberts, J., Ghazarians, M., Shitole, S., Alhassan, S.

**American College of Sports Medicine (ACSM) National Conference**

Denver, Colorado, May 2011

*Poster: Correlates of Cardiac Autonomic Modulation in High-Fit Aerobic Athletes.* Lee, CM., and Mendoza, A

**American College of Sports Medicine (ACSM) National Conference**

Denver, Colorado, May 2011

*Poster: Predicting Energy Expenditure from Heart Rate during Exercise: What variables are important?* Lee, CM., and Mendoza, A.

**Southwest American College of Sports Medicine (SWACSM) National Conference**

San Diego, California, October 2010

*Poster: Predicting Energy Expenditure from Heart Rate during Exercise: What variables are important?* Lee, CM., and Mendoza, A.

**Southwest American College of Sports Medicine (SWACSM) National Conference**

San Diego, California, October 2009

*Poster: Validity of the ePulse Personal Fitness Assistant.* Mendoza A, Lee CM, Gorelick M.

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**OTHER RESEARCH EXPERIENCE**

Effect of Participation in Virtual Exercise Sessions on Physical Activity, Language and Cognitive Functioning, and Quality of Life in Persons with Aphasia 7/2020 – Present

Principal Investigator: M Gravier

Co-Investigators: AR Mendoza, J Sherwood, E Bernstein-Ellis

- Assisted in design, development and implementation
- Developed aphasia appropriate, online, liability release form
- Training and mentoring 4+ undergrad student researchers
- Preparation of activPAL (thigh-worn) activity monitors for data collection
- Preparation of Fitbit (wrist-worn) activity monitors for data collection
- Assisted in preparation of all documents for University Internal Review Board (IRB) approval
- Home delivery and retrieval of activity monitors for all participants for each timepoint (baseline, mid, post and follow-up)
- Data: collection, entry, checking, and reduction

Evaluation of an Exercise Program to Increase Physical Activity Levels 3/2020 – Present

Principal Investigator: AR Mendoza

Co-Investigators: J Sherwood, J O, C Inouye, S Webb

- Designed and developed
- Training and mentoring 4+ undergrad student researchers
- Mastered new features of Noldus The Observer XT direct observation system: video editing, physiological data importing, coding and exporting data
- Preparation of ActiGraph (wrist-worn) activity monitors (wGT3X-BT, GT3X+) for data collection
- Preparation of activPAL (thigh-worn) activity monitors for data collection
- Preparation of Fitbit (wrist-worn) activity monitors for data collection
- Assisted in preparation of all documents for University Internal Review Board (IRB) approval
- Potential participant screening and recruitment
- Data to be: collected, entered, checked, and reduced

Physical Activity and Sedentary Time in College-Aged Students 3/2020 – Present

Principal Investigator: AR Mendoza

Co-Investigator: R Gamba

- Designed and developed
- Training and mentoring 4+ undergrad student researchers
- Mastered new features of Noldus The Observer XT direct observation system: video editing, physiological data importing, coding and exporting data
- Preparation of ActiGraph, (wrist-worn) activity monitors (wGT3X-BT, GT3X+) for data collection
- Preparation of activPAL (thigh-worn) activity monitors for data collection
- Assisted in preparation of all documents for University Internal Review Board (IRB) approval
- Potential participant screening and recruitment
- Data to be: collected, entered, checked, and reduced

Consumer and Research-Grade Activity Monitors in Free-Living Settings Study 1/2014 – 8/2017

Principal Investigator: AR Mendoza

- Designed, developed and implemented NIH funded project
- Developed manual of procedures
- Hired, trained and mentored 15+ undergrad research assistants
- Mastered Noldus The Observer XT direct observation system: video editing, physiological data importing, coding and exporting data

- Preparation of ActiGraph activity monitors (wGT3X-BT, GT3X+) for data collection
- Preparation of StepWatch activity monitors for data collection
- Preparation of ten different consumer activity monitors for data collection
- Preparation of Hexoskin biometric shirt for data collection
- Assisted in preparation of all documents for University Internal Review Board (IRB) approval
- Potential participant screening and recruitment
- Data: collection, entry, checking, and reduction

Misfit Study

7/2014 – 7/2015

Principal Investigator: PS Freedson

- Preparation of ActiGraph activity monitors (wGT3X-BT, GT3X+) for data collection
- Assisted in preparation of all documents for University Internal Review Board (IRB) approval
- Potential participant screening and recruitment
- Data: collection, entry, checking, and reduction

Consumer Activity Monitor Testing and Evaluation

6/2014 – 6/2016

Principal Investigator: PS Freedson

- Preparation of ActiGraph activity monitors (wGT3X-BT) for data collection
- Preparation of activity monitors (MOVband, Zamzee, Sqord) for data collection
- Assisted in preparation of all documents for University Internal Review Board (IRB) approval
- Preparation/modification of mechanical oscillator for testing
- Data: collection, entry, checking, and reduction

Cadence Study

6/2014 – 6/2015

Principal Investigator: PS Freedson

- Preparation of ActiGraph activity monitors (wGT3X-BT, GT3X+) for data collection
- Assisted in preparation of all documents for University Internal Review Board (IRB) approval
- Potential participant screening and recruitment
- Data: collection, entry, checking, and reduction

P.A.T.T.Y Study

6/2014 – 6/2015

Principal Investigator: PS Freedson

- Preparation of ActiGraph activity monitors (wGT3X-BT, GT3X+) for data collection
- Assisted in preparation of all documents for University Internal Review Board (IRB) approval
- Potential participant screening and recruitment
- Data: collection, entry, checking, and reduction

- ActiGraph Objective Monitoring Solutions 6/2014 – 6/2015  
Principal Investigator: PS Freedson
- Preparation of ActiGraph activity monitors (wGT3X-BT, GT3X+) for data collection
  - Assisted in preparation of all documents for University Internal Review Board (IRB) approval
  - Potential participant screening and recruitment
  - Data: collection, entry, checking, and reduction
- Evaluation of Youth Physical Activity Monitors 4/2014 – 8/2014  
Principal Investigator: J Sirard
- Assisted in preparation of all documents for University Internal Review Board (IRB) approval
  - Set-up and troubleshoot consumer devices
- Validating the Cybex© Arc Trainer Algorithm to Predict Energy Expenditure 1/2014 – 5/2014  
Principal Investigator: PS Freedson
- Assisted in preparation of ActiGraph activity monitors (GT3X+) and Oxycon portable metabolic system for data collection
  - Assisted in preparation of all documents for University Internal Review Board (IRB) approval
  - Potential participant screening and recruitment
  - Data: collection, entry, checking, and reduction
- Mothers and Girls dancing together Trial (Magnet Trial) 8/2012 – 5/2013  
Principal Investigator: S Alhassan
- Intervention development
  - Organized and directed focus groups
  - Recruitment
  - Preparation of ActiGraph activity monitors (GT3X, GT1M) for data collection
  - Data collection: accelerometer, direct observation, questionnaire, fidelity checking
  - Data management: code development, data dictionary
- Short bouts of Exercise for Preschoolers (STEP) study 8/2011 – 8/2012  
Principal Investigator: S Alhassan
- Intervention development
  - Recruitment
  - Preparation of ActiGraph activity monitors (GT3X, GT1M) for data collection
  - Data collection: accelerometer, direct observation, questionnaire, fidelity checking
  - Data management: Optiscan, code development, data dictionary
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**SERVICE ON COMMITTEES OF PROFESSIONAL SOCIETIES AND ORGANIZATIONS**

**American Kinesiology Association (AKA) Student Awards Committee** Spring 2020-Present

Member, responsible for reviewing the national scholar awards nominations in three categories from member institutions, three year appointment

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**CRITICAL CONTRIBUTIONS, IN THE FORM OF COMMUNICATION MEDIA**

**MEDIA APPEARANCES**

**Online Content**

**Invited Speaker** Aphasia Access Conversations November 17, 2021  
Ellen Bernstein-Ellis (Host). A LLAMA, a Resistance Band, and Neil Diamond Walk Into a Bar - An Interprofessional Exercise Program for People with Aphasia. A Conversation with Michelle Gravier, Jennifer Sherwood, and Albert Mendoza. [Audio podcast]. <https://t.co/IJYuxclat3>

**OTHER APPEARANCES**

**Off-Campus Talks**

**Invited Panelist** Described my academic and research paths, Fall 2020  
post-doc versus not and primarily undergrad versus R1 institutions  
Department of Kinesiology and Applied Physiology  
University of Delaware, DE

**On-Campus Talks**

**Invited Speaker** The path to your future career is not always linear...or smooth Fall 2019  
Center for Student Research  
California State University, East Bay

**Invited Speaker** How to make the most out of attending a conference Fall 2018  
Center for Student Research  
California State University, East Bay

**Invited Panelist** Describing Strategies to Address Challenges and Expectations of First Year Tenure-Track Faculty Fall 2018  
Office of Faculty Development,  
California State University, East Bay

<b>Guest Lecturer</b>	Detection of Change in Wearable Sensor Estimated Physical Activity and Sedentary Behavior in Free-Living Settings Department of Nursing Institute for Applied Life Sciences, Center for Personalized Health Monitoring University of Massachusetts Amherst	Spring 2017
<b>Guest Lecturer</b>	Consumer Activity Trackers: Validity and utility in a public health context Department of Biostatistics and Epidemiology University of Massachusetts Amherst	Fall 2016
<b>Guest Lecturer</b>	Physical Activity Measurement Department of Nutrition University of Massachusetts Amherst	Fall 2016

**CRITICAL CONTRIBUTIONS, IN THE FORM OF REVIEWS FOR NATIONAL PERIODICALS**

**Manuscript/Book Reviewer**

Manuscript reviewer. Blind review. For the Journal for the Measurement of Physical Behaviour (JMPB).	10/2021
Manuscript reviewer. Blind review. For the Journal for the Measurement of Physical Behaviour (JMPB).	6/2020
Manuscript reviewer. Blind review. For the Journal for the Measurement of Physical Behaviour (JMPB).	12/2019
Manuscript reviewer. Blind review. For the Journal for the Measurement of Physical Behaviour (JMPB).	10/2019
Manuscript reviewer. Blind review. For the International Journal of Sports Medicine (IJSM).	11/2018
Manuscript reviewer. Blind review. For Medicine & Science in Sports & Exercise (MSSE).	11/2017
Evaluated new college-level learning system for exercise physiology textbook called "Interactive Exercise Physiology" for McGraw Hill publishing company	2/2010

**UNIVERSITY SERVICE**

<b>Faculty Advising Fellow</b>	Fall 2020-Present
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Department of Kinesiology, California State University, East Bay College of Education and Allied Sciences, Department of Kinesiology

- Faculty Search Committee** Fall 2021- Present  
Chair, California State University, East Bay,  
College of Education and Allied Studies, Department of Kinesiology  
Department of Kinesiology, College of Education and Allied Studies.  
Assistant Professor, full-time tenure track 9 -month appointment
- Faculty Search Committee** Spring 2021  
Member, California State University, East Bay,  
Department of Athletics  
Strength & Conditioning Coach, full-time 9 -month appointment
- Faculty Search Committee** Spring 2020  
Member, California State University, East Bay,  
College of Education and Allied Studies, Department of Kinesiology  
Department of Kinesiology, College of Education and Allied Studies.  
Assistant Professor, full-time tenure track 9 -month appointment
- Faculty Search Committee** Spring 2019  
Member and Diversity Advocate, California State University, East Bay,  
College of Education and Allied Studies, Department of Kinesiology  
Department of Kinesiology, College of Education and Allied Studies.  
Assistant Professor, full-time tenure track 9 -month appointment
- Faculty Search Committee** Fall 2018  
Member, California State University, East Bay, College of Education  
and Allied Studies, Department of Kinesiology  
Department of Kinesiology, College of Education and Allied Studies.  
Assistant Professor, full-time tenure track 9 -month appointment
- California State University, East Bay Faculty Diversity  
and Equity Committee (FDEC)** Spring 2021 - Present  
Member, CSUEB College of Education and Allied Sciences,  
Department of Kinesiology
- California State University, East Bay** Spring 2021 - Present  
Faculty Marshal, CSUEB College of Education and Allied Sciences,  
Department of Kinesiology
- Kinesiology Curriculum Committee** Fall 2019-Present  
Member, California State University, East Bay College of  
Education and Allied Sciences, Department of Kinesiology
- Department Culture Committee** Fall 2019-Present  
Member, California State University, East Bay College of  
Education and Allied Sciences, Department of Kinesiology
- Kinesiology Awards Committee** Fall 2019-Present  
Co-Chair, California State University, East Bay College of

Education and Allied Sciences, Department of Kinesiology

**Institutional Learning Outcomes (ILO)** Spring 2019  
**Critical Thinking Assignment Design Project**  
Member, California State University, East Bay

**California State University, East Bay,** Fall 2018  
**Kinesiology Awards Committee, Member**  
Member, CSUEB College of Education and Allied Sciences,  
Department of Kinesiology

**California State University, East Bay Academic Senate** 10/2017 - 2019  
**Committee**  
Senator, CSUEB College of Education and Allied Sciences,  
Department of Kinesiology

**Graduate Student Orientation Discussion Panel** 8/2016  
"How to Succeed in Graduate School: Advice from Outstanding Students"  
Panelist, UMass Amherst Graduate School

**Academic Quality Assessment and Development (AQAD)** 3/2016  
**Review Committee**  
Member, UMass Amherst School of Public Health and  
Health Sciences, Department of Kinesiology

**Faculty Search Committee** Fall 2015  
Member, UMass Amherst School of Public Health and  
Health Sciences, Department of Kinesiology  
Department of Kinesiology, School of Public Health and Health Sciences.  
Assistant Professor, full-time tenure track 9 -month appointment

**Accreditation Committee** Fall 2014  
Member, UMass Amherst School of Public Health and  
Health Sciences, Department of Kinesiology

**Undergraduate Academic Advisor Search Committee** Fall 2014  
Member, UMass Amherst School of Public Health and  
Health Sciences, Department of Kinesiology

**Faculty Search Committee** Spring 2013  
Member, UMass Amherst School of Public Health and  
Health Sciences, Department of Kinesiology  
Non-tenure track, nine-month appointment, starting 9/2014; two-year  
renewable contract

**Faculty Search Committee** Fall 2012  
Member, UMass Amherst School of Public Health and  
Health Sciences, Department of Kinesiology  
Commonwealth Honors College Assistant Professor, Department of  
Kinesiology, School of Public Health and Health Sciences. Assistant  
Professor, full-time tenure track 9 -month appointment



- Organizing Committee** Spring 2012  
Member, UMass Amherst School of Public Health and Health Sciences, Department of Kinesiology  
Kinesiology Graduate Student Workshop  
Assisted in the development, planning, and implementation of the workshop. Including: objectives; students', peers', faculty expectations for the graduate school experience; identifying, developing, and applying Competencies and Characteristics.
- Club Sports; Running, Flag Football** 2008 – 2011  
Advisor, San Francisco State University, Department of Kinesiology  
Kinesiology  
Provided leadership and guidance to the clubs
- Kinesiology Graduate Association** 2008 – 2010  
Founding member, San Francisco State University, Department of Kinesiology  
Served as Community Service Coordinator
- Graduation Commencement** Spring 2010  
Graduate student speaker, San Francisco State University, Department of Kinesiology
- SouthWest American College of Sports Medicine (SWACSM) National Conference** Fall 2008  
School representative speaker, San Francisco State University, Department of Kinesiology
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## COMMUNITY SERVICE

- Pacific Stroke Association 2021-present  
Co-Lead (with Dr. Jennifer Sherwood), Online exercise sessions for post-stroke survivors, during Educational Forum. Team LLAMA (Life-Long Activity through Movement for Aphasia). <https://pacificstrokeassociation.org/educational-forums/>
- Pacific Stroke Association Annual GOLF-4-LIFE Event Sept 2021  
Co-Exhibitor (with Drs. Jennifer Sherwood and Michelle Gravier) Team LLAMA (Life-Long Activity through Movement for Aphasia). Los Lagos Golf Course in San Jose. With over 170 people in attendance, the event provided an in-person platform for stroke-survivors along with their family, caregivers, and therapists to improve strength and flexibility through a free golf rehabilitation day. <https://pacificstrokeassociation.org/fall-event/>

- Cal State East Bay Aphasia Treatment Program (ATP) 2020-present  
Co-Lead (with Dr. Jennifer Sherwood), LLAMA (Life-Long Activity through Movement for Aphasia) online exercise sessions for persons with chronic aphasia/post-stroke survivors. <https://www.csueastbay.edu/slhs/clinic/atp.html>
- Cal State East Bay Aphasia Treatment Program (ATP) 2018-2020  
Co-Lead (with Dr. Jennifer Sherwood), LLAMA (Life-Long Activity through Movement for Aphasia) in-person exercise sessions for persons with chronic aphasia/post-stroke survivors. <https://www.csueastbay.edu/slhs/clinic/atp.html>
- California Academy of Sciences Oct. 2020  
Docent, Delivered the onsite 'Let's Get Physical' specialty - Kelp Habitat engagement onsite for filming. The resulting video is currently available as a training resource for current and future Academy volunteers.  
<https://drive.google.com/file/d/1Z-vdjYF-nU9UqFDpGpOeVmRKv3iIk054/view?usp=sharing>
- California Academy of Sciences 2018-present  
Docent, Specialties include, Let's Get Physical (LGP), SKIN Exhibit and Tis' the Season
- Active Aging in the Pioneer Valley 2016  
Utilizing technology in older populations to improve physical activity levels
- American College of Sports Medicine 2007 – 2009  
Co-instructor, Health & Fitness Instructors' Preparation Course
- Good Morning America Fall 2009  
Collected oxygen consumption data for Good Morning America segment comparing claims regarding shoe instability and performance (MBT, Sketchers, and Reebok)
- Shape Up SF, Sunday Streets 2008 – 2009  
Assessed body composition assessment via Body Mass Index (BMI) and skinfold measurements
- Nike Women's Marathon 2008 – 2009  
Participated as "Wrangler" for top 3 female finishers of both the half-marathon, and the full marathon

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## PROFESSIONAL MEMBERSHIPS

- National Academic Advising Association (NACADA) 2020 – present
- The International Society for the Measurement of Physical Behaviour 2016 – present
- American College of Sports Medicine 2007 – present

